

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 6

Re: Cuff Weights

Date: March 20, 2000

Revised: October 19, 2008

Description:

Sand filled vinyl bags of various weights, each with Velcro straps for attachment to body parts or objects. Cuff weights are used to perform strengthening exercises for upper, lower extremities, and trunk. At times, they may be used to increase proprioceptive feedback.

Precautions:

Observe for signs of tissue injury or fatigue. Care should be used with individuals with circulatory problems.

Procedure:

1. Select resistance as appropriate.
2. Place appropriate weights around body parts or object.
3. Instruct patient in motion and repetitions.
4. Remove weights; clean using approved infection prevention procedures.